

Free Intro to Meditation

with **Mangala Allen**

September 22 2017

Friday 7:00 - 8:30 pm

Discover an easy pathway to deep meditation in just one hour. Instead of watching your mind, dive deeper inward, exploring your own Divine Essence by using the shortcuts that yogis specialize in.

Named *Svaroopā*[®] Vidya, this meditation methodology is based in yoga's ancient teachings coming from the Himalayan sages. Learn about the goal and purpose of meditation as well as the how-to basics. Get your questions answered and go home ready to add meditation to your lifestyle.

Mangala (Cayla) Allen CSYT, RYT 500



Mangala's teacher encouraged her to take teacher training if she was seeking change. She did and her experience of life has become a beautiful expression of Self. She is grateful for this practice and all she has learned from Swami Nirmalananda as well as the other teachers she is privileged to study under along her path. After completing *Svaroopā*[®] Yoga Teacher Training in 2006, Mangala taught at Plum Tree Yoga and served private clients in Roswell GA. Recently, Mangala moved to Ft. Worth TX where she will continue building and serving community.



LOCATION

Unity of Richmond
800 Blanton Ave.
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HOST

Tirtha Hale
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FREE

Donations accepted. Register here:
<http://svaroopaa.org/intro-meditation-170922>

